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ANNUAL REPORT  
OF THE  
BATH DEPARTMENT  
*1908-1912*  
FOR THE YEAR 1908-09



CITY OF BOSTON  
PRINTING DEPARTMENT  
1909



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64 PEMBERTON SQUARE,  
BOSTON, June 25, 1909.

HON. GEORGE A. HIBBARD,  
*Mayor of the City of Boston:*

SIR,—The Board of Trustees beg leave to herewith submit the eleventh annual report of the Bath Department.

Notwithstanding the limited space provided in several of the department's buildings and the lack of accommodations in certain of the congested residential sections of the city, it can be said that, in point of general excellence of municipal gymnasiums and baths, Boston still leads the world. The inadequacies referred to are a matter of regret to the present Board of Trustees and they hope that the conditions will be met directly and provided for in a manner commensurate with the demands. The experimental period has long since passed, and the department's work should be regarded and treated as a distinct and beneficent feature in the progressive life of Boston. A number of special appropriations have been made in the past year covering the erection of a new gymnasium and baths at East Boston; the enlargement of the L street plant; the repairs of the North End Park; a new beach bathing pavilion for Orient Heights;

and the establishment of a gymnasium and baths in the Blossom street wardroom, at the West End. Much yet remains, however, to be done before the department can render a complete and satisfactory service. At the present time its work, even at the best, is limited and immediate provision should be made for the enlargement and renovation of the beach bathing establishments located at Wood Island Park, Dewey Beach and the Orchard Park pool and buildings, as well as the consolidation of the gymnasiums and baths in Wards 7 and 9 in a new and commodious building at some central point in that section. In addition, gymnasia and bath privileges should be erected in Charlestown and Brighton. This latter is especially urged, the districts in question being without any accommodation whatever save, possibly, Charlestown, where a limited number of shower baths are maintained in the evenings in the basement of the Copley Schoolhouse. With the establishment and actual operation of the foregoing suggestions, Boston will, for the present at least, be amply provided with bathing and gymnasia facilities. The work of the department during the past year has been of a high order, and the attendance exceedingly heavy. With added accommodations, however, the patronage will be very much larger. It is a pleasure to point to the fact that there was a marked improvement this season in the order and general conduct of the immense attendance. This was due, in a large measure, to the courtesy, industry and, generally speaking, all-round efficient work of Superintendent O'Brien, Chief Instructor Walsh, and the rank and file of the department employees, to whom the Board of Trustees desire at this time to pay tribute for the excellence of the service rendered. The Board is also under obligation to Police Commissioner O'Meara for innumerable courtesies and begs leave to express its appreciation for the good work performed by the officers detailed at L street and the North End Park. The Board is also pleased to report that negotiations between it and the Nautical Training Commission have been completed, whereby the latter will pay the City of Boston the sum of \$800 for rental of berth for its training ship at North End Park from November to June. Heretofore no compensation has been received. Another new item of revenue is the rental of part of small building on repair wharf for \$66 per annum. In its canvass of possible sources of revenue the Board discovered the free and unlimited use, for bill posting purposes, of some of the department fences and buildings. Upon examination of the ordinances it was discovered that such practices were illegal

and forthwith the evil was abated. Aside from the apparently never-ending task of routine repairs, much good work was done during the past year on behalf of what might be termed a partial rehabilitation of the department plant and buildings. Under this caption may be cited the complete overhauling, repairs and painting of the floating baths and the accessories that go therewith; the repair of Wood Island buildings and the oiling and painting, inside and outside, thereof; the whitewashing, oiling and painting of the L street buildings; the inspection, renewal and repair of keys and closet locks throughout the entire department, together with the institution of a new series of checks for keys and valuables at L street; new locker building at Tenean Beach to replace one destroyed by fire last winter and capable of accommodating 350 men; new set of lockers for Dewey Beach in place of those destroyed last year; two new boats constructed and all the other crafts overhauled and made serviceable for use by the left guards; new and improved dryers installed in the North End Park and Dover street laundries; the old touring car renovated and impressed into service as a delivery truck, in which capacity it is doing the work of two horses and wagons; all the bathing beaches supplied with a long-felt want in the shape of an excellent grade of sand, procured at a remarkably low price; installation of a new boiler at the East Boston gymnasium, which it is expected will be used in the new building; addition of civil service apparatus at all gymnasias; restoration of the women's locker building at McKenzie Beach, partially damaged by the big storm last spring; establishment of a much needed emergency room in main building at same beach; installation of new hot water heater at Ward 7 gymnasium; new concrete floor and repair of foundation in bathing section, together with complete renovation of shower baths at D Street Gymnasium; new electric light switch board at same place; new electric blower and fan at Dover street laundry and 160 steel lockers at D street.

#### RECOMMENDATIONS.

The following recommendations are respectfully submitted:

*First.* Special appropriation for the construction of gymnasias and baths at Charlestown and Brighton.

*Second.* Suitable appropriation for the enlargement and rehabilitation of the department.

*Third.* That the department be designated "Municipal Gymnasias and Baths," rather than Bath Department as at present.

*Fourth.* That the City Engineer, or some other expert, be authorized to make investigation and report as to the practicability of utilizing salt water, properly filtered, in the several pools and gymnasium shower bathing sections.

*Fifth.* That a special appropriation of \$2,500 be made for additional shower baths at Cabot Street Gymnasium.

*Sixth.* That a special appropriation be made for the rehabilitation of Orchard Park pool and buildings.

*Seventh.* That a special appropriation be made for the construction of an open air pool in Brighton.

*Eighth.* That the ordinances be so amended as to provide for the issuance of the annual report in October instead of June.

*Ninth.* Special appropriation for the construction of at least two new floating bath houses, in place of the two thirty-year old structures now in service.

*Tenth.* Special appropriation for the purchase of an additional auto delivery truck.

*Eleventh.* Special appropriation for the dredging and enlargement of beach at Wood Island, thus providing continuous bathing.

*Twelfth.* That all beach bathing establishments be transferred to the jurisdiction of the Park Department.

JOSEPH B. MACCABE,  
*Chairman.*

LAWRENCE M. STOCKTON,  
*Vice Chairman.*

MRS. LAWRENCE J. LOGAN,  
GEORGE B. MORISON,  
JAMES F. SWEENEY,  
MRS. AGNES C. BULGER,  
WALTER R. MANSFIELD, M. D.

## FINANCIAL STATEMENT.

The appropriation for the fiscal year of 1908-09 was \$150,000; revenue received \$15,300.50; making a total of \$165,300.50. The total expenditures for the year were \$174,750.74, making a deficit of \$9,450.24, which was transferred to the department by the City Auditor.

The following is an itemized statement of the department's expenditures:

## General expenses:

## Office:

Superintendent . . .	\$2,236 07	
Employees . . .	1,219 53	
		\$3,455 60
Department printing . . .	538 74	
Stationery, postage, etc. . .	284 55	
Horse keeping, shoeing, etc. . .	263 95	
Traveling expenses . . .	154 36	
Furniture and office expenses . .	114 79	
Telephone service . . .	112 98	
Automobile supplies and storage .	103 05	
Messenger service . . .	26 20	
		\$5,054 22

## Underground Convenience Station:

Salaries . . . . .	\$5,013 75	
Electric lighting . . . . .	386 28	
Plumbing repairs . . . . .	315 19	
Toilet paper . . . . .	259 00	
Furnishing and small supplies . .	220 44	
Fuel . . . . .	116 88	
General repairs . . . . .	30 23	
Gas . . . . .	13 02	
		6,354 79

## Sanitaries:

Salaries . . . . .	\$6,329 00	
Plumbing repairs . . . . .	245 30	
Fuel . . . . .	174 37	
Toilet paper . . . . .	136 88	
Furnishings and small supplies . .	91 90	
General repairs . . . . .	26 20	
		7,003 65

## East Boston Gymnasium:

Salaries . . . . .	\$6,920 69	
Fuel . . . . .	1,366 10	

Amounts carried forward . . .	\$7,286 79	\$18,412 66
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<i>Amounts brought forward</i>	.	.	\$7,286 79	\$18,412 66
General and plumbing repairs	.	.	346 89	
Gas	.	.	321 10	
Electric lighting	.	.	226 81	
Furnishings and small supplies	.	.	187 75	
Civil service testing outfit	.	.	105 00	
Athletic supplies and repairs	.	.	11 60	
Medical supplies	.	.	4 50	
				9,490 44

## D Street Gymnasium:

Salaries	.	.	\$6,683 82	
Fuel	.	.	2,041 10	
Electric lighting	.	.	909 01	
Improvements, general and plumb- ing repairs	.	.	584 32	
Furnishing and small supplies	.	.	258 52	
Civil service testing outfit	.	.	105 00	
Athletic supplies and repairs	.	.	61 08	
Boiler inspection	.	.	5 00	
Medical supplies	.	.	4 90	
				10,652 75

## Ward 16 Gymnasium:

Salaries	.	.	\$5,566 16	
Civil service testing outfit	.	.	105 00	
Furnishings and small supplies	.	.	92 49	
Athletic supplies and repairs	.	.	85 16	
General repairs	.	.	51 03	
Medical supplies	.	.	4 50	
				5,904 34

## Ward 7 Gymnasium:

Salaries	.	.	\$4,212 73	
Rent	.	.	500 00	
Fuel	.	.	387 58	
Gas	.	.	353 41	
Taxes	.	.	209 55	
Furnishings and small supplies	.	.	108 74	
Improvements and general repairs,	.	.	70 20	
Athletic supplies and repairs	.	.	13 30	
Medical supplies	.	.	4 50	
				5,860 01

## Ward 9 Gymnasium:

Salaries	.	.	\$4,539 56	
Improvements and general repairs	.	.	434 76	
Electric lighting	.	.	353 85	
Fuel	.	.	303 55	
Furnishings and small supplies	.	.	105 00	
Athletic supplies and repairs	.	.	28 24	

<i>Amounts carried forward</i>	.	.	\$5,764 96	\$50,320 20
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## BATH DEPARTMENT.

7

<i>Amounts brought forward</i>		\$5,764 96	\$50,320 20
Gas		27 93	
Ice supply		5 05	
Medical supplies		3 50	
		<hr/>	<hr/>
			5,801 44

## Cabot Street Gymnasium:

Salaries		\$3,306 71	
Civil service testing outfit		105 00	
Athletic supplies and repairs		46 81	
Medical supplies		3 67	
		<hr/>	<hr/>
			3,462 19

## Cabot Street Bath House:

Salaries		\$11,705 28	
Fuel		3,410 73	
Electric lighting		1,451 29	
Plumbing improvements and re- pairs		853 14	
General improvements and repairs		624 32	
Furnishings and small supplies		490 94	
Ice		14 16	
Medical supplies		2 38	
		<hr/>	<hr/>
			18,552 24

## Dover Street Bath House:

Salaries		\$10,582 70	
Fuel for heating and lighting (one- half of bill of \$7,451.15)		3,725 58	
Furnishings and supplies		1,079 74	
Improvements and general repairs		137 94	
Telephone service		101 78	
Plumbing repairs		68 60	
Ice		14 16	
		<hr/>	<hr/>
			15,710 50

## Dover Street Laundry:

Salaries		\$4,133 92	
Fuel, heating, lighting, running mangle and washers (one-half bill of \$7,451.15)		3,725 57	
Furnishings and supplies		490 02	
Improvements and repairs		161 49	
		<hr/>	<hr/>
			8,511 00

## Paul Revere School Shower Baths:

Salaries		\$1,989 25	
Heating		660 90	
Lighting		311 00	
Furnishings and small supplies		41 22	
		<hr/>	<hr/>
			3,002 37

*Amount carried forward* . . . . . \$105,359 94

<i>Amount brought forward</i>				\$105,359 94
Copley School Shower Baths:				
Salaries			\$2,444 25	
Heating			654 52	
Lighting			308 00	
Furnishings and small supplies			96 73	
				3,503 50
L Street Bath House:				
Salaries			\$13,781 96	
Improvements and general repairs			1,024 65	
Electric lighting			832 33	
Plumbing repairs			401 44	
Furnishings and small supplies			197 35	
Fuel			77 06	
Ice			69 00	
Electrical repairs			59 85	
Medical supplies			2 50	
				16,446 14
North End Park Bath House:				
Salaries			\$8,476 40	
Electrical repairs			452 47	
Electric lighting			410 80	
Improvements and general repairs			432 80	
Plumbing repairs			167 40	
Furnishings and small supplies			83 86	
Fuel			67 08	
Ice			20 28	
Medical supplies			2 50	
				10,113 59
North End Park Laundry:				
Salaries			\$1,712 49	
New washers			460 00	
Fuel			105 00	
Supplies			52 34	
Repairs on boiler and mangle			16 18	
				2,346 01
Floating Bath Houses:				
Salaries			\$9,821 47	
Improvements and general repairs			2,166 54	
Rent			750 00	
Supplies			66 47	
Ice			49 50	
Medical supplies			3 20	
				12,857 18
East Boston Wharf:				
Salaries			\$1,278 00	
Rent			800 00	
Fuel			71 05	
<i>Amounts carried forward</i>			\$2,149 05	\$150,626 36

<i>Amounts brought forward</i>		\$2,149 05	\$150,626 36
Plumbing and general repairs		43 95	
Supplies		4 92	
		2,197 92	

Wood Island Park Bath House:			
Salaries		\$2,867 94	
Plumbing repairs		279 10	
Improvements and general repairs		128 72	
Electric lighting		27 94	
Furnishings and supplies		42 54	
Ice		11 28	
Medical supplies		1 50	
		3,359 02	

Dewey Beach Bath House:			
Salaries		\$2,504 37	
Gas and electric lighting		65 10	
General repairs		47 62	
Plumbing repairs		36 35	
Furnishings and small supplies		22 67	
Ice		11 28	
Medical supplies		1 50	
		2,688 89	

Orchard Park Swimming Pool:			
Salaries		\$1,338 79	
Plumbing and general repairs		76 89	
Electric lighting		31 14	
Furnishings and small supplies		20 18	
Ice		11 28	
Medical supplies		1 00	
		1,479 28	

Spring Street River Bath House:			
Salaries		\$1,327 82	
Plumbing repairs		26 28	
Boat hire		28 00	
Furnishings and supplies		18 33	
Medical supplies		1 00	
		1,401 43	

McKenzie Beach Bath House:			
Salaries		\$1,384 79	
Furnishings and small supplies		77 12	
Improvements and general repairs		55 86	
Ice		11 28	
Medical supplies		1 50	
		1,530 55	

Tenean Beach Bath House:			
Salaries		\$1,214 66	
Rent		500 00	
Furnishings and supplies		46 73	

<i>Amounts carried forward</i>		\$1,761 39	\$163,283 45
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<i>Amounts brought forward</i>	1,761 39	\$163,283 45
Ice	11 28	
Medical supplies	1 00	
	<hr/>	<hr/>
		1,773 67
Teams:		
Salaries	\$1,895 75	
Team hire	1,026 00	
Horse board	424 87	
Two new teams	325 00	
Two horses	275 00	
Two sets of harness, blankets, etc.	106 75	
Shoeing	74 50	
General repairs	20 90	
	<hr/>	<hr/>
		4,148 77
Towing:		
Salaries	\$819 04	
Towboat hire	625 00	
	<hr/>	<hr/>
		1,444 04
Towels		1,691 27
Bathing suits		393 96
Trunks		339 00
Bathing Suit Repairs:		
Salaries	\$191 00	
Mending supplies	36 69	
	<hr/>	<hr/>
		227 69
Storehouse:		
Salaries		838 88
North Bennet Street Bath House:		
Salaries	\$508 05	
Fuel	30 90	
Supplies	22 91	
	<hr/>	<hr/>
		561 86
Commercial Point:		
Repairing fence		48 15
	<hr/>	<hr/>
		\$174,750 74
Bath House, North End, Special appropriation. Continuation of payments:		
Contractors, Mack & Moore	\$48,811 20	
Heating and ventilating, Isaac Coffin Company	6,322 00	
Plumbing, T. J. Welch & Co.	6,056 71	
Architect, Matthew Sullivan	1,924 94	
Electric wiring, Thomas W. Byrne	427 00	
Fuel	125 00	
Photographs	39 60	
	<hr/>	<hr/>
<i>Amount carried forward</i>		\$63,706 45

<i>Amount brought forward</i>					\$63,706 45
Advertising	.	.	.	22 64	
Typewriting	.	.	.	15 60	
Blue prints	.	.	.	9 40	
					<u>63,754 09</u>

<b>Recapitulation:</b>					
Bath Department	.	.	.	\$174,750 74	
Bath House, North End	.	.	.	63,754 09	
					<u>\$238,504 83</u>

ATTENDANCE AT ALL-THE-YEAR-ROUND BATHS  
AND GYMNASIA FROM FEBRUARY 1, 1908, TO  
JANUARY 31, 1909.

	Men and Boys.	Women and Girls.	Total.
Dover Street Bath House.....	203,034	111,850	314,884
Cabot Street Bath House and swimming pool.....	97,246	30,537	127,783
Ward 16 gymnasium and swimming pool ..	44,485	11,685	56,170
D Street Gymnasium.....	49,842	11,253	61,095
East Boston gymnasium.....	43,682	9,586	53,268
Ward 7 gymnasium.....	25,556	3,655	29,211
Ward 9 gymnasium.....	18,212	2,360	20,572
Paul Revere School shower baths.....	22,239	10,786	33,025
Copley School shower baths.....	28,848	19,252	48,100
	533,144	210,964	
			744,108

ATTENDANCE AT BEACHES, FLOATING BATH HOUSES  
AND SWIMMING POOL FROM JUNE 15, 1908,  
TO SEPTEMBER 28, 1909.

L and K street beach bath houses	.	.	602,600
North End Park beach bath houses	.	.	135,875
Wood Island Park beach bath houses	.	.	93,500
Dewey Beach bath houses	.	.	92,000
McKenzie Beach bath houses	.	.	25,650
Tenean Beach bath houses	.	.	22,695
Spring Street river bath	.	.	25,000
Orchard Park swimming pool	.	.	42,820
Charlesbank floating bath houses	.	.	98,765
<i>Carried forward</i>	.	.	1,138,905
			744,108

<i>Brought forward</i>	.	.	1,138,905	744,108
Warren Bridge floating bath houses	.	.	68,425	
Dover Street Bridge floating bath houses	.	.	65,325	
Border street floating bath houses	.	.	62,420	
Jeffries Point floating bath houses	.	.	16,000	
Brighton Bridge floating bath houses	.	.	11,000	
			—————	1,362,075
				—————
				2,106,183
				—————

CLASS ATTENDANCE AT GYMNASIUMS FROM FEBRUARY 1, 1908, TO JANUARY 31, 1909.

	Men and Boys.	Women and Girls.	Total.
Ward 16 gymnasium.....	18,047	19,857	37,904
Cabot Street Gymnasium.....	15,234	11,178	26,412
D Street Gymnasium.....	23,753	7,586	31,339
East Boston gymnasium.....	14,907	10,298	25,205
Ward 7 gymnasium.....	8,196	4,261	12,457
Ward 9 gymnasium.....	7,582	3,755	11,337
	87,719	56,935	
			144,654

## REPORT OF CHIEF INSTRUCTOR.

*To the Board of Bath Trustees:*

GENTLEMEN,—The scheme of instruction in our gymnasiums, which has been indorsed by years of patient experiment and study, is now fixed and practically permanent in its character. For that reason, in recounting what we have accomplished this last year, there is nothing radically new to discuss. During the last year the instructors directed their efforts along lines which the success of former years have proved to be safe and profitable.

The methods which we have adopted of treating the classes and individuals are such as enable us, with our limited number of instructors, to accomplish the largest amount of good. The classes form at the time when circumstances permit the largest possible attendance; in this way work is done in bulk which it would be impossible to accomplish if each person were to receive individual attention. Class instruction has been so well organized that excellent results are realized by those who attend with any degree of regularity. Those who begin their gymnasium work at the beginning of the season and continue it until the end are especially benefited. Unfortunately, not as many as we could wish do this. Hundreds of gymnasium patrons do not find it convenient to attend with the degree of regularity that is required for best results. But we try to make the benefits of the gymnasium extend beyond the limits of the buildings by keeping the class of patrons under our instruction in their homes and in their daily lives. In this way many persons who are unable to attend all of the classes are provided by the instructor with a list of exercises which they perform at home. From time to time they report at the gymnasiums to bring their results before the instructors. By acting in this advisory capacity for those who cannot perform the continued work of the gymnasium classes the instructor has immeasurably widened the scope of his usefulness. Experience has taught him that the sympathies which his position requires will not permit him to only take up his work when he steps on the gymnasium floor and drop it when he steps off the floor. The realization among the instructors that broad sympathies

are required of them has become general, and it is with much pleasure that I refer to it.

The attendance at some of the classes has not been as high as it ought to be. In some cases the number of persons in the classes seemed to be unaccountably small. But as a matter of fact, in every case where a class was poorly attended, investigation proved that good reasons for that fact existed. In the old East Boston gymnasium, for instance, the ladies' classes were poorly attended. The reason was plain—the condition of the building was so forbidding that women refused to use it. The men and children, on the other hand, being less fastidious, attended in overwhelming numbers; indeed, in most all instances where some classes were small other classes were large enough to compensate. The average attendance at the classes was about one hundred pupils. When it is considered that only one instructor handles these classes, unaided, in each gymnasium, it will be seen that the instructor is called upon to perform the maximum of work.

In conducting the women's classes no change has been made in the character of the work which we have outlined for them in past years. Gymnasium work for women, unless supervised with great caution, can be more harmful than beneficial. This fact is kept always in mind, and to be on the safe side I have eliminated from our exercises anything which I consider too violent for women of normal strength.

Where suspicion of the results of gymnasium work for women formerly influenced the physician in advising against it, we now find that the medical profession has the fullest confidence in the advantages of a gymnasium course for women, and hundreds of women attend the classes under the advice of the family physician.

The care of children has been a constantly growing responsibility. In late years we have been intent on making the gymnasium an indoor playground for the children; and in offering them opportunities for unlimited fun and activity we have gathered them in from the streets in such large numbers that satisfactory organization among them is almost impossible. In some instances the attendance of children is so large that simply to maintain order is in itself a herculean task for the instructor.

The most rapid results and the highest degree of efficiency are realized in the instruction of men. This is due first to the fact that men attend with greater regularity, and second to their greater natural aptitude for physical activity. The

men who come to the gymnasium for a general toning up of the system readily obtain that benefit. Those who aim for more substantial advantages are fewer in number, but they gain their end with equal certainty.

A steadily increasing number of men attend every year with the intention of acquiring the physical efficiency necessary to pass the civil service examinations. The ease with which in the past we have enabled these men to meet the demands made upon them in the examinations, has now resulted in raising the standard of fitness which has to be reached.

A part of the test in physical examinations for the fire and police departments had been carried on by means of machines with which even trained men were unfamiliar. The result of this was that in many instances the candidates, ambitious to make a good record and not knowing the extent of their strength, have strained themselves, but we have now taken steps to offset this danger. By adding the test machines to our regular outfit we make it possible for the candidate to so familiarize himself with them that he can exert his strength upon them to the fullest without any fear of strain or injury.

In the instruction of swimming during the summer months the most pleasing results have been obtained. In every section of the city in which we have offered these opportunities to the people it will be found that every child who has been anxious to learn to swim has been taught. The popularity of swimming is growing in an amazing way in Boston, and no one would dare to deny that this increase of interest has a direct relation to the excellent advantages which the Bath Department offers to the public.

Toward the end of the bathing season competition among boys and girls under twenty years of age was held at three of our beaches. The interest shown in these contests by the children and the public was striking. Credit for these splendid demonstrations was claimed by the Boston-1915 committee because they offered the prizes. Such credit under the conditions was cheaply bought. The lesson learned from the experience seems to be that it would be advisable for the Bath Department to offer its own prizes next year.

At North End Park we abolished the evil of danger to young children from baseball playing by restricting the game to boys under fourteen years of age. We doubled the size of the inclosure for children under eight years of age,

and fenced it in to protect them from the intrusion of older boys and girls. We also added ten baby hammocks, which we isolated for the use of sleeping babies. This betterment of facilities and elimination of danger to women and children has naturally resulted in a much increased attendance and in a sense of security in the enjoyment of the advantages of the park.

Respectfully yours,

JAMES L. WALSH,

*Chief Instructor.*

REPORT OF GENERAL MEDICAL DIRECTOR.

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*To the Bath Trustees of the City of Boston:*

The past year registers a gratifying measure of progress in the accomplishment of the plan for developing the municipal gymnasiums,— the plan indorsed by your Board and begun when I undertook the medical directorship of the Bath Department.

There is a practical system for physical examinations; the records of the examinations are kept and indexed; a duplicate copy of his record is given to every gymnasium member; and the child and adult receives from the medical examiner, with his record, a brief printed list of practical everyday health rules. Every member of the gymnasium classes is required to meet the medical examiner.

Young men who are prompted with a genuine desire for appointment on the Police and Fire Departments find in the municipal gymnasiums opportunity to prepare themselves for the physical tests required by the Civil Service Commission, and in the gymnasiums are sets of strength-testing instruments used by the civil service examiner. Since these privileges have been provided in the city gymnasiums the standard of physical requirements for policemen and firemen by the Civil Service Commissioners has been raised 20 per cent. The personnel and the efficiency of these two arms of municipal service have been improved appreciably.

Two years ago the Bath Department inaugurated in its gymnasiums and baths a crusade for better care of the teeth. Full growth and physical development demand sound natural teeth and useful lives depend on good digestion. Never before in this country had any serious attention been given to prevent the decay and loss of the teeth — a physical defect carried by more than 90 per cent of children and adults throughout the civilized world. Out of this practical educational work begun by the Bath Department has grown a national movement of large importance — a broad and effective movement for dental hygiene. Dental inspection is now included in school medical inspection in a growing number of cities and towns in the United States and Canada; and the important subject of nutrition has been given a new interest. Socially, morally and economically nutrition is of fundamen-

tal importance. Malnutrition is the cause of the most serious waste of time, money and human life. Recently at the International Dental Congress in Berlin, Germany, the work begun in Boston in dental hygiene received recognition and indorsement; and an organized international movement has been inaugurated, the pioneers in the work in Boston being members of an international committee on dental hygiene.

The past year records the beginning in the Bath Department of another and equally important work. Last spring at the Cabot Street Gymnasium an illustrated talk on sexual health was given to men. The subject of the lecture was, "Some Things Men Should Know." This lecture was an unqualified success, and many pressing requests have been received to repeat the talk in the other gyms; and the earnest wish has been expressed to provide talks on sexual health to women. This wish has not come from sentimentalists. It has come from professional and lay men and women of recognized standing in the community, and who are held universally to be safe leaders in action. In the whole range of human life there is no more important subject. There is need of a proper opportunity to provide for the adolescent boy and girl—and the grown man and woman—wholesome instruction concerning the vital facts of life; and this instruction needs to come from authoritative sources. Knowledge of life is a part of physical development, and naturally it is associated with the work of promoting sound and full physical growth.

Respectfully submitted,

WILLIAM R. WOODBURY, M. D.,  
*General Medical Director.*

## BATH DEPARTMENT.

## TRUSTEES.

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